



Team Talk **CamTran**

Team Tip: By Mike Komara, Director of Human Resources. A segment of our more freedom of choice. This is the opportunity for more self-medication. The Food and Drug Administration (FDA) decides when a current prescription medication is safe enough to be sold as an Over-The counter (OTC) drug. For example, today there are more than 700 former prescription products that are being sold as OTC.



We now have the ability to treat more of our aches, pains and illnesses with former prescription medicines than ever before. However, with this opportunity for self-medication comes increased responsibilities to our families and ourselves.

Listed below are some aspects of self-medication that we need to follow and increase our level of awareness. The best way to become better informed is to read and understand the labels, Yes, the wording is very small, but we need to take the time to read it and obey its instructions. A significant factor to consider when taking OTC medicines is drug interaction. What effect might this OTC medication have if taking a prescription medication for high blood pressure, diabetes or cholesterol? If after reading the label you can't answer this question, call your doctor. Some drugs can also interact with food and beverages.

It is recommended that we look through our supply of OTC drugs once a year and throw away medicines that are past the expiration date. In addition, keep all medications in their original container and don't combine two partially filled containers of the same medication. Always first use the older of any multiple containers of the same medication. These steps will help ensure the correct medication is taken.

If you have small children or grandchildren, there are added precautions to take with prescription and OTC drugs. First and foremost, keep them out of their reach. In addition, make sure containers have child-resistant tops and they are relocked after each use. Be aware that some OTC medicines come in different strengths, some of which may be harmful to a child. Read the label. Before giving your child two or more different medications of any type, at the same time, talk with your doctor.

A quantity of booklets published by the FDA and Consumer Healthcare Products Association have been ordered on this subject and will be made available for those who wish a copy.

Team Welcome; Welcome aboard to Rudolph Harris and John Porter, our new Urban Bus Operators. Lets all show them our Team Pride.